

CARRIED GESTURE TOO FAR.

Boy's Action Possibly Appropriate, But Somewhat Unnecessary.

Vivian Burnett, the original of the still-remembered Little Lord Fauntleroy, at the Chicago convention discussed with a reporter a certain party maneuver.

"They went too far there," said Mr. Burnett. "They made themselves ridiculous by their excess. Do you know what they reminded me of? They reminded me of a juvenile elocutionist my mother often tells about."

"This lad, at a school treat, got up to recite the first piece of his life. He was ambitious; he wished to make a great success of his piece; and he had been told by his teacher that the secret of elocution was the gesture—for every phrase its fitting gesture."

"The opening line of the boy's selection was 'The comet lifts its tail of fire.'"

"The overzealous boy, to fit its proper gesture to this line, lifted up the tail of his coat and held it out in a horizontal position."

Heard in a Restaurant.

Luncher—Is this meant to be short-cake?

Waiter—Yes, sir.

Luncher (sarcastically)—Then for heaven sake take it away and berry it.

HOUSE WORK



Thousands of American women in our homes are daily sacrificing their lives to duty.

In order to keep the home neat and pretty, the children well dressed and tidy, women overdo. A female weakness or displacement is often brought on and they suffer in silence, drifting along from bad to worse, knowing well that they ought to have help to overcome the pains and aches which daily make life a burden.

It is to these faithful women that

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

comes as a boon and a blessing, as it did to Mrs. F. Ellsworth, of Mayville, N. Y., and to Mrs. W. P. Boyd, of Beaver Falls, Pa., who say:

"I was not able to do my own work, owing to the female trouble from which I suffered. Lydia E. Pinkham's Vegetable Compound helped me wonderfully, and I am so well that I can do as big a day's work as I ever did. I wish every sick woman would try it."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

Paxtine TOILET ANTISEPTIC

Keeps the breath, teeth, mouth and body antiseptically clean and free from unhealthy germ-life and disagreeable odors, which water, soap and tooth preparations alone cannot do. A germicidal, disinfecting and deodorizing toilet requisite of exceptional excellence and economy. Invaluable for inflamed eyes, throat and nasal and uterine catarrh. At drug and toilet stores, 50 cents, or by mail postpaid.

Large Trial Sample

WITH "HEALTH AND BEAUTY" BOOK SENT FREE

THE PAXTON TOILET CO., Boston, Mass.

MADE BY THE OLD DUTCH PROCESS

THE DUTCH BOY PAINTER STANDS FOR PAINT QUALITY

IT IS FOUND ONLY ON PURE WHITE LEAD

MADE BY THE OLD DUTCH PROCESS

WIDOWS' under NEW LAW obtained PENSIONS

Washington, D. C.

READY FOR WINTER

WAYS OF PUTTING UP CANNED VEGETABLES.

Some Trouble to Prepare, but They Are Welcome Additions to the Menu During the Cold Months.

Canned Beets (Whole).—Wash the beets, selecting those that are small and of medium size. Leave on a couple of inches of the top, so that they will not bleed, and be careful not to break the skin. Boil half an hour, or until done; turn off the hot water and put the beets carefully into wide-mouthed jars. Fill with hot water, set into a pan of boiling water and cook until the water in the jars has reached the boiling point. Fill up the jars to overflowing from the boiling kettle, put on the top, and seal at once.

Canned Beets (Sliced).—Boil and peel early beets as for immediate use, slice and put into fruit jars. Add salt, pepper and a tablespoonful of sugar to a quart of good cider vinegar, and bring to a boil. While still scalding pour over the beets in the jars, and when filled to overflowing put on the tops of the jars and seal.

Canned Tomatoes (Whole).—Choose large, firm tomatoes of uniform size, lay them in boiling water for a few moments, until the skins are loosened, and slip these off. Lay just enough tomatoes to fill one jar in a large saucepan of boiling water, cover and leave for eight minutes. Take them out carefully, put into the jar, fill full with boiling water and seal.

Canned Tomatoes (Stewed).—Scald the tomatoes, take off the skins and lay the tomatoes in a colander to drip. When all are ready put into a preserving kettle, bring to the boiling point and cook for 15 minutes. Drain off the surplus liquor, add salt to taste, and turn the tomatoes, boiling, into the cans. Close at once.

Canned Corn and Tomatoes.—Boil 24 ears of tender green corn until done, and cut from the cob while still hot. Peel and chop into small pieces 24 ripe tomatoes. Put the two vegetables together, salt to taste and return to the fire in a preserving kettle. Cook for a minute after it reaches the boil; can and seal immediately.

Canned Spinach.—Pick over the spinach and wash it carefully in three or four waters, that no sand or dirt may be left in it. Pick the sprays apart, discarding all tough stems and wilted leaves. Put over the fire in boiling salted water, and cook, as for the table, for about 20 minutes, or until the spinach is done. Take it out with a fork or skimmer, and pack into jars, filling them full. Pour in boiling water to fill all the cracks and overflow the tops, and seal. When to be used, it can be taken out, heated, chopped, and seasoned as the fresh spinach.

Care of Curtains.

When the curtains are taken down for the summer too much care cannot be expended upon them, for they are not only difficult to replace, but they are the most annoying things in the world to make for the particular windows of the house.

The heavy ones should, of course, be folded lengthwise in half and laid flat, particularly if they are of velvet. A very good idea is to first lay a sheet upon an unused bed; upon this lay the curtains, folded in half, inside out, one on top of the other, and then cover the whole with another sheet.

If they are going to be kept in the storeroom, two chairs may be placed back to back—though not too close together—and the curtains may be spread over them and covered with a sheet. There will then be no unsightly creases to mar them and they may be rehung.

Barberry Sauce with Sweet Apples.

To a peck of sweet apples allow a half peck of barberries and two quarts of molasses. Look over the berries carefully, removing stems and leaves, wash and put over to cook with water to float them. Add the molasses and cook gently until the berries are tender. Skim out the berries and put into the syrup as many of the apples, pared, quartered and cored as the kettle will hold conveniently. As soon as tender put into the jar with the berries and boil the syrup down until thick. Pour over the fruit, let stand until the next day, scald all together once more, then put away in cans if you have plenty, or in a large stone jar.

Tomatoes à la Creme.

Take a small piece from the stem end of firm, ripe tomatoes and carefully remove the seeds. Cut 12 mushrooms in small pieces, add two tablespoonfuls of fresh bread crumbs, one tablespoonful of butter, one-half cupful of chopped chicken, and a light seasoning of salt and pepper; have the butter melted and the crumbs soft. Mix well and fill the tomatoes. Bake for 30 minutes, basting often with melted butter. Whip three tablespoonfuls of cream, add one tablespoonful of melted butter, and place a portion on each tomato.

Pompadour Pudding.

Add two ounces of fine white bread crumbs to one-third pint of boiling cream, when cool beat five ounces of finely chopped suet, one ounce of flour, two ounces of crushed macaroons, two ounces of stoned raisins, two ounces of candied peel or preserved cherries, chopped, zest of a lemon, and a pinch of nutmeg. Beat well, add yolks of four eggs and a glass of brandy, pour into a mold and steam it. Serve with a custard sauce, hot, flavored with oranges or sherry.

MAKES CHEAP ICE CHEST.

Soap Box, Tin Cans, Sawdust and Newspapers Form Cool Receptacle.

The fact that hundreds of babies and children in the tenement districts are made seriously ill each summer by drinking milk which has stood for hours in a warm place and is teeming with bacteria has caused the milk committee of the Association for Improving the Condition of the Poor to introduce a cheap, yet practical, icebox into the districts where the association has established milk depots. The box is a homemade affair, says the New York Times, which can be built for less than 20 cents and will keep a five-cent piece of ice for 24 hours.

Dr. Alfred F. Hess of the department of health is the inventor of this cheap icebox, which is as practical as it is novel. It is made of an ordinary soap box, two tin pails which fit one inside the other, and a bucket of sawdust or a package of newspapers. The larger pail is put inside the box and the intervening space packed tightly with either sawdust or newspapers. The smaller pail is then put inside the big one. All that is needed to complete the icebox is to put a five-cent piece of ice in the inner pail, fill it half full of water and put a newspaper covered top on the box. A bottle of milk put in the inner pail will stay at a temperature of 40 degrees for 24 hours. At such a temperature bacteria cannot multiply, and the milk will stay sweet.

While it was hoped that the milk depots could be made self-supporting, so few of the poor people in the tenement districts can afford to pay even the cost price of the milk that the depots are maintained at present almost entirely by public contributions. The committee estimates that 25 cents a week will provide one baby with milk properly modified. This sum also provides for the free advisory services of the doctor and the trained nurse at the milk depot of its home district.

The Home.

If comforts and quilts are dried in a good stiff breeze they will be as light and fluffy as when new.

Colored French handkerchiefs will not fade if they are dipped in salt water before the usual washing.

Salts of ammonia mixed with lime will take out stains of wine from silks. Spirits of turpentine is equally good for the same purpose.

Gum arabic starch is obtained by pouring boiling water over the gum arabs, then diluting it to the right consistency. It is an excellent starch for pieces that are starched to dry and must not be ironed.

Instead of trying to "cream" sugar and butter for a cake with a tiresome spoon or knife blade, try using a wire potato masher. This chops the butter finely and blends the two with little trouble in a comparatively short time.

Japanned trays should never be touched with boiling water, for that would cause the varnish to crack and peel off. To clean these trays rub them over with a little olive oil and then polish with a piece of flannel which will absorb the superfluous oil.

Sweetening Butter.

Housekeepers often find that butter bought for cooking is quite strong. The Germans have a method of sweetening it which is efficacious. It is as follows:

Put ten pounds of butter into a porcelain kettle and boil steadily over a good but slow fire until the sediment in the pan is of a pale amber color. This will be in about five hours.

Great care must be used for fear of scorching. Strain the butter while hot into clean, small jars, not squeezing the cloth.

When cold, cover with oiled paper and keep in a cool place from the air. This process imparts to the worst kind of butter a palatable nutty flavor. It is better than ever for ginger bread or for any kind of plain cake.

A Dainty for Children.

This is the time of year when the appetite of most children becomes capricious and mothers find it hard to find things which tempt youthful palates. Very often when this is the case novelty of appearance will induce a child to eat something which in its familiar guise he has scorned. Among the dainties that one mother constructed for a child whose appetite fell off in the summer was achieved by half toasting cubes of fresh bread which were then turned into a dish, covered generously with maple sugar and topped with whipped cream. Besides being delicious to the taste this dish contains many nutritious elements.

Apple Dumplings.

Make dumplings as usual of rich biscuit dough, with quartered apples inside. Then take a large basin that you can bake them in, put in a quart of water, add a cup of sugar, let come to a boil; then drop your dumplings in and bake in a quick oven half an hour or until apples are done. Serve in their own sauce.

Currant Buns.

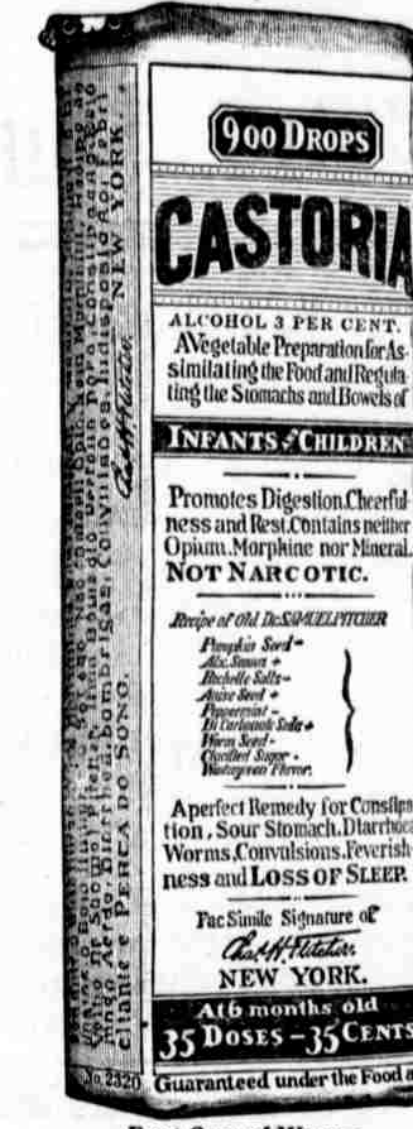
Three tablespoonfuls butter, three-fourths cup sugar, one egg, one-half cup milk, one-half cup currants, 1½ cups flour, 1½ teaspoons baking powder, a little salt. Flavor with cinnamon or a little vanilla. Bake in muffin tins.

Gluten Muffins.

Two cups of gluten flour, two cups milk, one egg well beaten, two teaspoons baking powder; mix powder and flour, stir in eggs and milk and bake in hot gem pans.

Physicians Recommend Castoria

CASTORIA has met with pronounced favor on the part of physicians, pharmaceutical societies and medical authorities. It is used by physicians with results most gratifying. The extended use of Castoria is unquestionably the result of three facts: **First**—The indisputable evidence that it is harmless; **Second**—That it not only allays stomach pains and quiets the nerves, but assimilates the food; **Third**—It is an agreeable and perfect substitute for Castor Oil. It is absolutely safe. It does not contain any Opium, Morphine, or other narcotic and does not stupefy. It is unlike Soothing Syrups, Bateman's Drops, Godfrey's Cordial, etc. This is a good deal for a Medical Journal to say. Our duty, however, is to expose danger and record the means of advancing health. The day for poisoning innocent children through greed or ignorance ought to end. To our knowledge, Castoria is a remedy which produces composure and health, by regulating the system—not by stupefying it—and our readers are entitled to the information.—*Hall's Journal of Health.*



Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. B. Halstead Scott, of Chicago, Ill., says: "I have prescribed your Castoria often for infants during my practice, and find it very satisfactory."

Dr. William Belmont, of Cleveland, Ohio, says: "Your Castoria stands first in its class. In my thirty years of practice I can say I never have found anything that so filled the place."

Dr. J. H. Taft, of Brooklyn, N. Y., says: "I have used your Castoria and found it an excellent remedy in my household and private practice for many years. The formula is excellent."

Dr. R. J. Hamlen, of Detroit, Mich., says: "I prescribe your Castoria extensively, as I have never found anything to equal it for children's troubles. I am aware that there are imitations in the field, but I always see that my patients get Fletcher's."

Dr. Wm. J. McCrann, of Omaha, Neb., says: "As the father of thirteen children I certainly know something about your great medicine, and aside from my own family experience I have in my years of practice found Castoria a popular and efficient remedy in almost every home."

Dr. J. R. Clausen, of Philadelphia, Pa., says: "The name that your Castoria has made for itself in the tens of thousands of homes blessed by the presence of children, scarcely needs to be supplemented by the endorsement of the medical profession, but I, for one, most heartily endorse it and believe it an excellent remedy."

Dr. R. M. Ward, of Kansas City, Mo., says: "Physicians generally do not prescribe proprietary preparations, but in the case of Castoria my experience, like that of many other physicians, has taught me to make an exception. I prescribe your Castoria in my practice because I have found it to be a thoroughly reliable remedy for children's complaints. Any physician who has raised a family, as I have, will join me in heartiest recommendation of Castoria."

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher.

The Kind You Have Always Bought

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THE CENTAUR COMPANY, 27 MURRAY STREET, NEW YORK CITY.

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"What do you think, Maria?" exclaimed the steel magnate. "Our son Reginald writes that he is on his wedding trip and his wife is a paragon." "A Paragon?" echoed his wife. "Dear me! I can't recall the name of Paragon in the social register. You must look her up at once, John, and see if Reginald has disgraced himself by marrying into an inferior family."

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces. Hall's Catarrh Cure is just a quick medicine. It is prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free. F. J. CHENEY & CO., Props., Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

Sleep Walking.

"Tiresome preacher, that Dr. Ninthly." "My goodness, yes! Why, the vestry men had to advertise for somnambulists to act as ushers."—*Cleveland Leader.*

Your Druggist Will Tell You

Flat Murine Eye Remedy Cures Eyes, Makes Weak Eyes Strong. Doesn't Smart. Soothes Eye Pain and Sells for 50c.

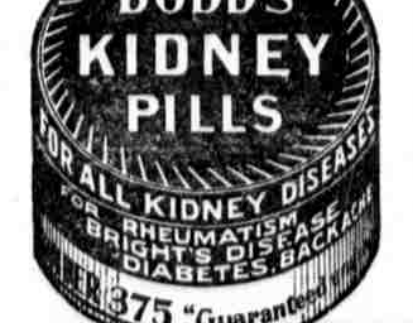
Labor bids us of three great evils; poverty, vice and ennui.—*Voltaire.*

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Pretty teeth are responsible for a good many smiles.

Allen's Foot-Ease, a Powder. For swollen, aching feet, gives instant relief. The original powder for the feet. 25c at all druggists.

The man who pays his debts is true to his trust.



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CARTER'S LITTLE LIVER PILLS. Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Biliary Disorders, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

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W. N. U., Salt Lake City, No. 37, 1908

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In the promotion of Skin Health, Cuticura Soap, assisted by Cuticura, the great Skin Cure, is undoubtedly superior to all other skin soaps because of its influence in allaying irritation, inflammation, and clogging of the pores, the cause of disfiguring eruptions. In antiseptic cleansing, in stimulating sluggish pores, in emollient and other properties, they have no rivals.

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